



ST. BARTHOLOMEW'S EPISCOPAL CHURCH

News from the Hill

November 2018

Poway, CA

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Advent - A Time for Discernment

The Rev. Mary Lynn Coulson

"And the angel came to Mary and said, 'Greetings, favoured one! The Lord is with you.' But she was much perplexed by his words and pondered what sort of greeting this might be." Luke 1:28-29

Patience, waiting, stillness. We often experience Advent as a time to remind ourselves of the slow work of God, as we dim the lights and dress the church in deep blue. During this hectic time in our culture, we try to live differently, placing our hope in the God of Mary, the God who changed everything by becoming human. Advent is a time in our spiritual lives to slow down. Jesus came not in a big exciting event but slowly, he grew in Mary's womb. Slowly, steadily, the Word of God grew in the world.

Sometimes we forget that waiting and slowing down is an active process. It doesn't come naturally to us to wait – just look at my baby son George as his bottle sits in the warmer for five minutes! Waiting on God requires intention and

practice. It takes time to slow down enough to listen.

Discernment is the Christian practice of listening to God in the daily events of our lives. Henri Nouwen, a Dutch Catholic priest, writer, and theologian wrote:

"Discernment is faithful living and listening to God's love and direction so that we can fulfill our individual calling and shared mission." Nouwen reminds us of the truth that God speaks to us not in big, dramatic events but in small, everyday moments. He writes, "Discernment allows us to 'see through' the appearance of things to

their deeper meaning and come to know the inter-workings of God's love and our unique place in the world."

Discernment requires two things – community and solitude. We cannot have one without the other.

Each day, each moment is an opportunity to practice discernment. This Advent



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Advent - A Time for Discernment

continued from page 1

The Rev. Mary Lynn Coulson

commit to spending five minutes in silence each morning – before you check email or Instagram, connect with your breath. Repeat a simple mantra like, “Come, Holy Spirit” or “Show me your ways, O Lord” (from Psalm 25:3). You can light a candle – perhaps on an Advent wreath – to remind you that “The people who walked in darkness have seen a great light” (Isaiah 9:2).

As Nouwen writes, “while discernment begins in solitude...a person honestly seeking to know God’s will and way will choose to be in community.” As Christians, we practice listening to God in solitude and listening to God in community. The messy work

of living in community enlightens our quiet time in prayer, and our commitment to solitude with God deepens our ability to abide authentically with others.

We embark anew on this journey of discernment together, every day. It requires intention, and it requires continued practice. It’s not easy, but it’s the life of discipleship. And, as Nouwen writes, “when we listen to the Spirit, we hear a deeper sound, a different beat. The great movement of the spiritual life is from a deaf, non-hearing life to a life of listening.”

May you slow down enough this Advent to live a life of listening.



In October, St. Bart's parishioners gathered together for dinner and fellowship in small groups. These Love Wins Dinners allowed us to get to know one another better, make new connections in our community, and eat delicious food. We hope you enjoyed your Love Wins Dinner! If your schedule did not allow you to attend a dinner, we hope you'll make it next time.



How Do We Appreciate Music in Church?

John-Luke Addison, Director of Music

When we hear our favorite hymns, songs, anthems, motets, postludes, and other musical offerings in church, we are often so moved with emotion that we instinctively want to show our appreciation—through our hearts, voices, and bodies. Often this will manifest in a resounding “Amen!”, or “Alleluia!”, beaming with smiles or shedding tears, or by giving applause. We know the musicians have worked hard for weeks to prepare the music, and we want to show how grateful we are for their ministry. But what is appropriate in a liturgical setting? And should we be modifying the way we show appreciation in church?

Perhaps to find the answers we must ask ourselves: who are the ministers, and who is the congregation? When music is being offered in the liturgy, it is not being performed for you and me, but always offered as praise

toward God. When the choir is singing anthems, we are still the ministers, worshipping vicariously through our ears. God is always the audience. The musicians are guiding our hearts and minds toward the divine, and being the surrogates for our offerings. We speak through them, just as they speak through us.

If we consider this argument, then the congregants responding with “Amen!” or “Alleluia!” would fit quite appropriately, as the musical offerings act as a prayer that would necessitate such a response. However, if we applaud for the music, then we have shifted our mindset, where the musicians are performing their work for us to show their skill or talent, and not offered as

a sacrament. The music is always being given to the glory of God, and, while applause or other acts of thanking are offered genuinely, perhaps it would be more appropriate for the concert hall or festival stage.



A contrary argument would be that our appreciation doesn't equal sacrilege, but rather amplifies the offering, as the Psalmist

suggests in Psalm 47:1 (“Clap your hands, all you peoples; shout to God with loud songs of joy!”). If our applause is praise-filled, then perhaps it acts as a replacement to an “Amen!” (from the Hebrew 'āmēn: ‘truth, certainty’). Whether we applaud or not, music is meant to engage all of us as ministers toward God, through our listening, praise, meditation, and thanksgiving.

How we choose to respond to acts of worship is between God and ourselves.

I would encourage you to pray during the musical offerings we hear at St. Bartholomew's, whether it is the Parish Choir, the String Ensemble, Schola Choir, Handbells, Children and Youth, Brass, etc. Through prayer, we can hear God's voice speaking to us. If God is calling you to dance, clap, sing, laugh, or cry, then please do so. As we recall from Ecclesiastes 3:4, “[There is] a time to weep, and a time to laugh; a time to mourn, and a time to dance.” Worship isn't meant to be perfect—it is unlimited in its forms—and calls for a multitude of emotional responses. Let us all remember the true purpose for our sacrament, and how we can live more Christ-like and honor God through our thoughts and actions.

May God bless our endeavors. Amen.

Moments from Trunk or Treat



How to Pray with Your Children

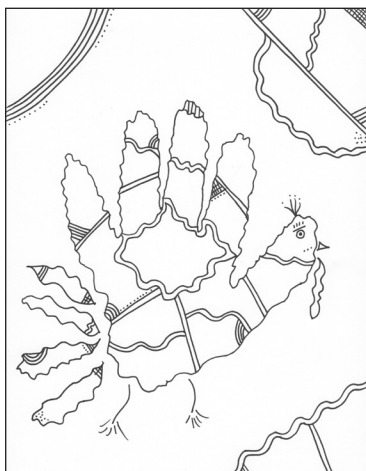
Alex Howard, Children's Minister

The fundamentals of prayer center around “thank you” and often, “help.” Prayer is an opportunity to thank God for the grace bestowed upon us. Prayers of gratitude bring to the forefront of our consciousness all that we have. And how abundant the love of Jesus Christ is. When our prayers are a plea for help, we are reminded that all that we do, we do with God’s help. Christians and Jews end prayers with a declarative, Amen, which in Hebrew means “firm.” It is nearly the same for Muslims, who use the related Arabic word “Amin.” Think of it as a strong YES. Let it be so.

Saying “blessings” before meals is our family practice every night before dinner. If I am honest, it is not always intentional or thoughtful. Each of my family members has their own standard go-to prayer. My daughter tends to rush through hers. “Thank you for this Lord. Thank you for this Christ. Thank you for this beautiful day. Amen.” She has been saying this since she was five-years-old. We have never asked her to change it in any way. I once asked her what she would say if Father Mark was here having dinner with us, what would her prayer sound like? It remained the same, with a bonus line of, “Thank you for our guest.” Prayer truly does not require much.

As we prepare for Thanksgiving this may be the day of big prayer of gratitude for many. How do we invite everyone to participate in a prayer of Thanksgiving? Let me offer a few options:

- Friends and family are a great resource for collecting graces and blessings from other cultures and religious traditions, which can be a great way “in” to this universal and timeless tradition. This year, you could crowd-source your Thanksgiving dinner blessing using a simple template (bit.ly/thanksgivinggrace) from Episcopal priest Kyle Oliver, whose Creative Commons Prayer website has all kinds of engaging multimedia prayers. Asking children to collect prayers while folks are socializing before the meal provides an opportunity for engagement.
- Sybil MacBeth, the creator of one of my favorite prayer practices, **Praying in Color** (prayingincolor.com) has some fun turkey templates you could use for gratitude prayers.
- A favorite of many is everyone holding hands around the table and add the invitation to each



person to name something for which they are thankful. Cultivating a practice of gratitude, a habit of noticing and naming what we are thankful for is of profound benefit to our physical, spiritual and emotional health.

Pray in whatever way works for you and your family, pray when you can, and where you can. Pray for what you need, what your loved ones need, what the world needs. Give thanks, give praise, give your heart. Do you have a family tradition of prayer? I would love to know what it is! I hope you will share it with me.

Mark your calendar for December 7, 2018. We will have our all-ages Advent Workshop at St. Bart's. Food, fun, fellowship, Advent-to-Go bags, and more! See you there!

Sunday School Reflection

Alex Howard, Children's Minister

It is with a grateful heart that I can say we have new volunteers in Children's Ministry this year. Some volunteers have experience in a classroom, some don't. Has the idea of serving with our children been on your heart? Are you hesitant? I invite you to read the reflection of one of our brand-new volunteers after her very first day of teaching. I pray that her experience speaks to you.

My name is Terri Lynn Jewett and this past Sunday I had the privilege of being the storyteller for Godly Play K-1st grade. I was excited and a bit nervous as it was my first time as a storyteller. I shared the story of the Creation. As soon as the kids arrived and we got started, I was no longer nervous. Their curious faces and energy were awesome. We jumped right into our story and I loved the questions and the comments made by the group. I've always felt like I was supposed to do something with kids, but never really got clear direction. When I found out Alex was looking for help I asked if she could possibly use me. I am so happy when I can see God working in my life. I receive so much joy being with the littles. Thank you Alex and St. Bart's.



Of Baptizing Aliens

The Rev. William H. Zettinger, Deacon-in-Residence

Many of you know my first and most fun job in Engineering was to work on the Lunar Module program at Grumman Aerospace on Long Island. My Bishop at the time, was the Bishop of Long Island, James P. Dewolf. He and others saw me going to the General Theological Seminary in Manhattan after graduating with my shinny new Electrical Engineering Degree.

But that was not to be. It would have to wait almost thirty five years. There was that fateful call from Grumman's Human Resources department asking if I was interested in interviewing for the Lunar Excursion Module program (LEM).

That interview and tour of the Grumman LEM facility in Bethpage called to me more than any other thing in my life. Except the call to ordained ministry in 2002 and of course the love of my life for almost fifty years, Nina. Seminary would have to wait a bit - almost most 40 years.

I was one of those young brash engineers who would be part of the Apollo Program. My role was to design, test and oversee the Rondevau Radar. That was the system that would link up the Lunar Module when its upper stage left the Lunar surface to dock with the Apollo Command Module; in orbit around our moon. Without that link and docking maneuver our astronauts would not get

home.

It was an exciting time to be alive and to be part of the Apollo program. I will never forget crawling in and out of the LEM in my clean suit at plant five in the vehicle assembly building, meeting the Astronauts and thinking how smart we all were.

When I look at the Lunar Module today and the command module, I realize how crazy it all was. In fact we all knew there was only a 50/50 chance of those guys ever coming back and as a young newbie engineer I was part of it.

To think that when Apollo 11's LEM landed on the moon I was one of the engineers who worked inside it. Wow!

Now, from October 2018 through December 2022, NASA will mark the 50th anniversary of the Apollo Program that landed a dozen Americans on the moon between July 1969 and December 1972. Recently NASA unveiled an official logo for use in observing these milestone anniversaries at the Kennedy Center for the Performing Arts in Washington.

The unveiling was part of "NSO Pops: Space, the Next Frontier," a National Symphony Orchestra celebration of NASA's 60 years of accomplishment.

Created by NASA graphic artist Matthew Skeins, the



logo offers a nod to the past with a few elements borrowed from the original program emblem, and a glimpse into the future with a graphic depiction of NASA's vision for the next half-century of deep space exploration.

So you may ask what does any of this have to do with Church, theology and God. The answer is everything.

Already today the Kepler deep space satellite has discovered over 2000 exoplanets. These are planets in the habitual zone and might support life. After successfully identifying these planets, NASA's Kepler telescope is ready to retire next year. The baton will be passed to its successor, TESS (Transiting Exoplanet Survey satellite) who is tasked to identify more exoplanets.

Experts predict that TESS might just be the telescope to help mankind find another Earth-like habitable planet or signs of intelligent life. And these discoveries do not address the potential for life in our own Solar System; especially on Mars where

water has been found.

The years ahead are going to be exciting times. Between Space-X, Blue Origin and BOEING we will go back to the moon in a few years and on to Mars in ten years or so.

So what if we find this Alien life. Some feel religion will be changed forever- possibly even irrevocably damaged. I don't believe that. I sense the greatness of an all loving God will extend to all of Gods creation; whether it be here on earth or elsewhere.

In the parable of the lost sheep, the Earth represents the one lost sheep, a wandering world that went astray, the one Christ came to save. It's easy to imagine that God, in His infinite existence, created other worlds with other physical beings. Of course, we know He had seraphim and cherubim and other angels prior to our world, so at a minimum we

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20 Years and Still Stitching Along

Bev Tansey

Happy Anniversary Prayers & Squares Quilt Ministry!

This year marks the 20th Anniversary of the St. Bartholomew's Prayers & Squares Quilt Ministry, and we want to celebrate with you! Join us at all services November 3-4, where each attendee will leave with proof that you can touch a prayer! It is our way to express our appreciation for everyone who has embraced and supported this powerful ministry.

Our Story:

In 1998, four ladies combined their belief in prayer with their love of quilting and the St. Bart's Chapter of Prayers & Squares International Quilt Ministry was born. This ecumenical outreach ministry



was formed to provide outward and visible signs of prayer for those in need. Each tie in a hand-made quilt represents specific

prayers offered for the recipient. Our motto: "it's not about the quilt, it's all about the prayers".

Two of our first few recipients were Cameron McAfee and Brittney Stark. It provided our parish family a way to express our faith in God and His power to protect, strengthen, comfort, and heal. Today, our ministry has given approximately 2,200 quilts distributed locally, sent across the country, and around the globe.

Prayer quilts have been made for sick babies, they have comforted the grieving and the terminally ill, brought hope to Cancer and AIDS patients, and people facing surgery or difficult life challenges. They have warmed the hearts of Military troops far from home and have even been given in thanksgiving for service to others. There is never a charge for the quilts.

Thanks be to God for all of you, our very supportive parish family, for the past 20 years! This ministry would not be possible without your donations, your quilt requests, your prayers, and the quilters who dedicate themselves, their time, and their talent. You are helping us spread prayer one quilt at a time! Never doubt the power of prayer-it is limitless!

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Mark 11:24



St. Bartholomew's CHRISTMAS BAZAAR

Saturday, November 17
9 a.m.-2 p.m.

Sunday, November 18
9 a.m.-1 p.m.



ST. BARTHOLOMEW'S
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Christmas shop, crafts,
bake sale & much more!



Of Baptizing Aliens

continued from page 5

The Rev. William H. Zettinger, Deacon-in-Residence

know there are at least those extraterrestrial creatures. "For by Him all things were created that are in heaven and that are on earth" (Colossians 1:16 NKJV). "And every creature which is in heaven and on the earth .

So, while we continue to explore the Cosmos we do not know what or who we might find. What we do know is that at one time science was convinced the earth was flat and that was just 600 years go when Columbus sailed West trying to find a new trade route to India and the Far East.

Pope Francis recently recalled a Bible story about the conversion of the first pagans to Christianity.

He said the church was a church of "open doors", and that it was up to Christians to accept the Holy Spirit however "unthinkable" and "unimaginable" it appeared.

Describing how, according to the Bible, Peter was criticized by the Christians of Jerusalem for making contact with a community of "unclean" pagans, Francis said that at the time that too was "unthinkable".

We should remember that Christianity has struggled

from its earliest days with the temptation to reject "the living presence of God" in various forms.

Pope Francis has said that he would be willing to baptize aliens if they came to the Vatican, asking "who are we to

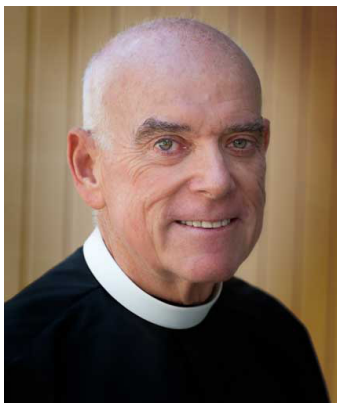
close doors" to anyone - even Martians.

While I disagree with much about the Roman Church I think Pope Francis was right. I would hope

the the Great Middle way of the Episcopal Church "Via Media." Would also be extended to all of Gods creation.

And when this happens we will be way ahead of our time with our Mission Statement: "All are welcome no exceptions," even maybe aliens.

Its going to be quite a ride!



JOIN US FOR A VETERANS DAY BBQ

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**SUNDAY
NOVEMBER 11**
following 10:15 a.m. service

*Bring a side dish or dessert to share.
Last names ending in A-M bring a salad
or side and N-Z bring a dessert.*



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Several Christmas ornaments are hanging from the top left. There are four red ornaments and two silver ornaments, each with a red bow at the top. They are arranged in a cluster, with some overlapping.

Sunday
December 9
4 p.m.

Festival of Carols

Join the choirs and musical ensembles of St. Bartholomew's for an afternoon of carol singing as we open our hearts to the Christmas season. This is a community event featuring carols both traditional and modern, and an audience sing-along!



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Regular Meetings

SUNDAY

Interfaith Community Services (ICS) - Merle's Place

1st & 3rd Sunday, 4-6 p.m.

Contact Jill Henderson at 760-807-8445.

Daughters of the King

3rd Sunday at 9:15 a.m., Room 3E

MONDAY

Boy Scouts

7 p.m., Parish Hall

Health and Wellness Ministry

1st Monday at 5:30 p.m., Education Building, Room 3AB

Hand Bell Choir

7 p.m., Choir Room

TUESDAY

The Prayers and Squares Quilt Ministry

Tuesdays (except fifth Tuesday), 1 p.m., Quilt Room

Centering Prayer

5 p.m., Education Building, Room 3AB

Our Space

2nd & 4th Tuesdays, 6:30 p.m.

WEDNESDAY

Interfaith Community Services (ICS)

Serve breakfast, fourth Wednesday at 6:00 a.m.

Contact Denny Walters at (760) 432-8518.

Thrift Shop Work Night

Last Wednesday at 4:00 p.m., Thrift Shop

Schola

6 p.m., Choir Room

Youth CREW

6 p.m., Youth Room

String Ensemble

7 p.m., Choir Room

THURSDAY

Grief and Loss Group

8:30-10 a.m., Education Building

Book Guild

4th Thursday, 1:00 p.m., Conference Room

B.P.U.S.A.- Bereaved Parents

4th Thursday, 6:30 p.m., Conference Room

Choir

7 p.m., Music Room

AA MEETINGS

Sundays, 6 p.m., Conference Room

Mondays, 9:30 a.m., Parish Hall (Women only)

Tuesdays, 12 p.m., South Parish Hall

Tuesdays, 5:30 p.m., South Parish Hall (Women only)

Wednesdays, 6:45 p.m., Parish Hall

Thursdays, 12 p.m., South Parish Hall (Beginners)

Fridays, 9:45 a.m., South Parish Hall (Women only)

Fridays, 12 p.m., South Parish Hall and 6 p.m., Room 3AB

Saturdays, 9:30 a.m. and 12 p.m., Conference Room

AL-ANON

Mondays, 12 p.m., South Parish Hall

Tuesdays, 12 p.m., Parish Hall

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News from the Hill is a monthly publication of St. Bartholomew's Episcopal Church, 16275 Pomerado Road, Poway, CA 92064.

Editor: Kristeen Evans, Communications Manager

Deadline for submission of articles and announcements is the 10th of the month for the next month's newsletter. We welcome your submissions of information for publication. Please contact news@stbartschurch.org.

Get the St. Bart's App

Keep up with our St. Bartholomew's community through our app. There are so many ways to use this app - view service times, read St. Bart's Blog articles, listen to Sermons, pray for someone on the Prayers of the People list, get ready for Sunday with Lessons & Readings, and watch past gam Forum discussions.



- Install Church App-Tithe.ly on your phone.
- Search Poway (you'll see the St. Bart's logo).
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Saturdays: 5 p.m.

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Monday through Thursday 9 a.m. to 4 p.m.

Friday 9 a.m. to 1 p.m.

Clergy and Staff

Clergy858-487-2159 (except as noted)

The Rt. Rev. Katharine Jefferts Schori, Assisting Bishop 619-481-5454

The Rev. Mark C. McKone-Sweet, Rector 858-432-7107 | revmark@stbartschurch.org

The Rev. Mary Lynn Coulson, Assistant Rector. 858-432-7106 | mlcoulson@stbartschurch.org

Honorary Clergy

The Rev. Robert Crafts, Priest-in-Residence

The Rev. Roy E. Hoffman, Priest-in-Residence

The Rev. William Zettinger, Deacon-in-Residence

Music Ministry

John-Luke Addison, Director of Music, Principal Organist. 858-432-7112 | jladdison@stbartschurch.org

Janie Prim, Associate Organist

Christian Formation for Children and Youth

Alexandra Howard, Children's Minister ahoward@stbartschurch.org

Maureen Hovannesian, Children's Ministry Assistant. 858-432-7102 | children@stbartschurch.org

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Laurie Wathen, Manager stbarts@att.net

Vestry and Terms

Dan Crane, Senior Warden 2020

Nancy Petersen, Junior Warden 2019

Pat Blair 2020

Helena Chan 2021

Elaine Coke 2020

Karen Crafts 2021

Mark Davis 2020

Costa Dillon 2019

Jim Grandinetti 2019

Mike Richardson 2019

Cathie Roy 2021

George Tynan 2021

Noah Domke-Rojas, Youth Rep. 2019

Terry McCune, Treasurer

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